

The International Family Academy Lotus Elite Academic Preparatory Schools



PLAY



EAT



SUCCEED

WELLNESS POLICY

Preamble

The International Family Academy and Lotus Elite Academic Preparatory Schools, hereafter referred to as TIF Academy and LEAPS, recognize that good nutrition and regular physical activity affect the health and well-being of all students. Furthermore, research suggests a positive correlation between a student's health, well-being, and learning ability. Moreover, schools can play an essential role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, supporting the development of good eating habits, and promoting increased physical activity both in and out of school.

The International Family Academy / Lotus Elite Academic Preparatory is committed to creating school environments that promote and protect the overall well-being of all students and staff. The guidelines below encourage a comprehensive wellness approach sensitive to individual and community needs.

Local School Wellness Policy Leadership

School level

The International Family Academy / Lotus Elite Academic Preparatory will establish an ongoing Healthy School Team that will meet twice within the school year, the first week of August and January, to ensure compliance and to facilitate the implementation of The International Family Academy / Lotus Elite Academic Preparatory wellness policy.

- The school principal and local school staff shall be responsible for complying with federal and state regulations as they relate to The International Family Academy / Lotus Elite Academic Preparatory wellness policy.
- Dr. Priscilla McCray will establish the Healthy School Team in each school to ensure compliance with the procedure.
- The Healthy School Team should include, but not be limited to, the following stakeholders: parents, students, school food service program representatives, school administrators, school health professionals, physical education teachers, and the general public.
- The Healthy School Team is responsible for the following:
 - Ensuring compliance with federal and state regulations for competitive food and beverage items sold on the school campus (7 CFR 210.11 and FAC 5P-1.003);
 - Maintaining a school calendar identifying the dates when exempted competitive food fundraisers will occur by the frequency specified in paragraph (c) of FAC 5P-1.003;
 - It also reports its school's compliance with the regulations above to Dr. Priscilla McCray, who is responsible for ensuring overall compliance with The International Family Academy / Lotus Elite Academic Preparatory wellness policy.

The International Family Academy / Lotus Elite Academic Preparatory will review and consider evidence-based strategies and techniques in establishing goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness, including, at a minimum, a review of Smarter Lunchroom tools and techniques.

1. Nutrition Promotion

Nutrition promotion can positively influence lifelong eating behaviors by creating environments that encourage healthy choices and participation in school meal programs.

- The school environment, including the cafeteria and classroom, shall provide clear and consistent messages that promote and reinforce healthy eating.
- Students will have access to helpful nutrition information. Posters, worksheets, and brochures will be available in classrooms and throughout each school.
- Schools will provide parents with healthy snack ideas, lists of foods for healthy celebrations, and opportunities for physical activity before and after school.
- Organizations operating concessions at school functions will promote healthy food choices at a lower profit margin to encourage student selection.

2. Nutrition Education

The choice and availability of nutritious foods in our schools affect academic performance and quality of life issues. Healthy foods support students' physical growth, brain development, resistance to disease, emotional stability, and learning ability.

- The nutrition benchmarks included in Florida's Physical Education Standards shall be taught in the structured and systematic instruction unit during physical education classes. They will be integrated into other subject areas (e.g., math, science) where there is a natural fit.
- Students receive interactive nutrition education that teaches skills they need to adopt healthy eating behaviors. Classroom lectures, activities, and student participation are provided in nutrition and health classes. Classroom written tests (such as multiple choice, essay, and fill-in-the-blank) are given in food.
- Students will understand how food reaches the table and its implications for their health and future. Staff shall integrate hands-on experiences such as working in a garden, cooking activities, and enrichment activities such as farmer's market tours and visits to community gardens with the core curriculum. Students will receive homework supporting these activities to ensure comprehension.
- Nutrition education will be incorporated within the larger school community. The nutrition education program shall work with the school meal program to develop school gardens and use the cafeteria as a learning lab. Students will harvest vegetables from the school garden and work with the cafeteria staff to create wholesome snacks.
- Nutrition education teaches behavior-focused skills. Students learn about calorie balance, energy expenditure, and how to read and interpret nutrition facts labels.
- The staff responsible for nutrition education will be adequately prepared and regularly participate in professional development activities to deliver an accurate nutrition education program as planned. Preparation and professional development activities will provide essential knowledge of nutrition combined with skill practice in program-specific activities and instructional techniques and strategies
- designed to promote healthy eating habits.

3. Physical Activity

The International Family Academy / Lotus Elite Academic Preparatory shall ensure that physical activity is essential to each school's instructional program. The program shall allow all students to develop the skills, knowledge, and attitudes necessary to participate in a lifetime of physical activity.

- All students in grades K-5 shall receive 150 minutes per week of instructional relevant physical education. For middle school physical education in grades 6-8, all students shall receive a minimum of one semester of physical education in each of the three years. In grades 9-12, students receive at least one physical education credit in senior high school as required. One semester must be personal fitness, while the second semester may be any physical education course The International Family Academy / Lotus Elite Academic Preparatory offers with the approved state course codes. (Sunshine State Standards)
- All elementary school students will have at least 20 minutes of daily recess. Each school will provide space, equipment, and an environment conducive to safe and enjoyable play.
- Students can be involved in physical activity through physical education programs, before and after school activities, or other activity programs. Students will be encouraged to participate in community-offered fitness and athletic programs.
- Staff will be encouraged to participate in 150 minutes of moderate-intensity aerobic activity (e.g., brisk walking, jogging, swimming) weekly. Staff will be informed of opportunities for physical activity in afterschool programs and community events.
 - Regular classroom teachers will be encouraged to provide short physical activity breaks between lessons or classes, as appropriate.

4. Other School-Based Activities

The International Family Academy / Lotus Elite Academic Preparatory will integrate wellness activities across the entire school setting. These initiatives will include nutrition, physical activity, and other wellness components so that all efforts work towards the same goals and objectives to promote student well-being, optimal development, and strong educational outcomes.

General Guidelines

- The International Family Academy / Lotus Elite Academic Preparatory shall consider the components of the Centers for Disease Control's Whole School, Whole Community, Whole Child (WSCC) model in establishing other school-based activities that promote wellness.
- The goals outlined by the wellness policy will be considered when planning all school-based activities (such as school events, field trips, dances, and assemblies).
- Afterschool programs will encourage healthy snacking and physical activity.
- The International Family Academy / Lotus Elite Academic Preparatory shall actively develop and support students, families, and staff engagement in community health-enhancing activities and events at the school or throughout the community.
- Each school within The International Family Academy / Lotus Elite Academic Preparatory shall comply with drug, alcohol, and tobacco-free policies.

Eating Environment

- Students will be provided adequate time to consume their meals at least 20 minutes after receiving their food from the line.
- Each school will provide nutritious, fresh, locally grown food that reflects Florida's bountiful harvest.
- Convenient access to hand washing and oral hygiene facilities will be available during meals.

HealthierUS School Challenge

- All schools will be encouraged to join the United States Department of Agriculture (USDA) Team Nutrition program and submit an application to be recognized as a HealthierUS School Challenge: Smarter Lunchrooms (HUSSC: SL) school.

Recycling

- Each school shall maximize waste reduction by recycling, reusing, composting, and purchasing recycled products.

Employee Wellness

- The International Family Academy / Lotus Elite Academic Preparatory wellness committee will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and distributes wellness resources, and performs other functions that support staff wellness in coordination with human resources staff.
- All staff will be provided opportunities to participate in physical activities and healthy eating programs that are accessible and free or low-cost.

Health Services

- A coordinated program of accessible health services shall be provided to students and staff. It shall include, but not be limited to, violence prevention, school safety, infectious disease prevention, health screening, including body mass index, community health referrals, immunizations, parenting skills, and first aid/CPR training.

Use of School Facilities Outside of School Hours

- Each school will promote the use of school facilities outside of school hours for physical activity programs offered by community-based organizations and for the school community's help. Parents can bring their children to school and have access to basketball courts, playgrounds, and track facilities.

Behavior Management

- The International Family Academy / Lotus Elite Academic Preparatory is committed to prohibiting the use of food as a reward unless incorporated into an activity that promotes positive nutrition messages (such as a guest chef or field trip to a farm).
- Teachers and other school personnel will not deny or require physical activity as punishment.

5. Guidelines for All Foods and Beverages Available During the School Day

The International Family Academy / Lotus Elite Academic Preparatory shall operate and provide food service according to USDA's National School Lunch Program (NSLP) standards and the applicable laws and regulations of Florida. The guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by USDA.

General Guidelines

- All reimbursable meals will meet USDA's and any additional state nutrition standards beyond USDA requirements.
- School meals will include a variety of nutrient-dense foods, including whole grains and fiber-rich fruits and vegetables while accommodating special dietary needs and ethnic and cultural food preferences.
- To the maximum extent possible, all schools in The International Family Academy / Lotus Elite Academic Preparatory will participate in available federal school meal programs, including the SBP, NSLP, ASSP, AMP, and SFSP.
- Free, potable water will be open to all children during each meal service.

Competitive Foods

- All foods and beverages sold on the school campus to students outside of reimbursable school meals are considered “competitive foods.” They must comply with the nutrition standards for competitive food as defined and required in 7 CFR 210.11.
 - *School campus means, for competitive food standards implementation, all areas of the property under the school's jurisdiction are accessible to students during the school day.*
 - *School day means, for competitive food standards implementation, the period from midnight to 30 minutes after the end of the official school day.*
- Competitive foods include items sold a la carte in the cafeteria, from vending machines, school stores, snack bars, and for in-school fundraisers.
- Unless being sold by The International Family Academy’s food service program, it is impermissible for any competitive food item sold to students during the school day to consist of ready-to-eat combination foods of meat or meat alternate and grain products, as defined in 7 CFR 210.10 and 210.11. (FAC 5P-1.003)
- To be allowable, all competitive food items sold to students must meet general nutrition requirements and nutrient standards.

General nutrition requirements for competitive foods:

- Be a grain product that contains 50 percent or more whole grains by weight or has whole grain as the first ingredient or
- Have as the first ingredient one of the non-grain major food groups: fruits, vegetables, dairy, or protein foods (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.) or
- It should be a combination of food that contains 1/4 cup of fruit and vegetables.
- If water is the first ingredient, the second ingredient must be one of the above.

Nutrient standards for competitive foods:

Nutrient Standards	Snack Items and Side Dishes (including any added accompaniments)	Entrée Items (including any added accompaniments)
Calories	200 calories or less	350 calories or less
Sodium Limits	200 mg or less	480 mg or less
Total Fat Limits	35% or less of total calories	35% or less of total calories
Saturated fat	Less than 10% of total calories	Less than 10% of total calories
Trans fat	0 g of trans fat as served (less than or equal to 0.5 g per portion)	0 g of trans fat as did (less than or equal to 0.5 g per portion)
Sugar	35% of weight from total sugar as served or less	35% of weight from natural sugar as done or less

Exemptions:

- Any entrée item offered as part of the breakfast or lunch program is exempt if it is served as a competitive food on the day of service or the day after in the breakfast or lunch program.
- Fresh or frozen fruits and vegetables with no added ingredients except water.
- Canned fruits with no added ingredients except water, packed in 100 percent juice, extra light syrup, or light syrup.
- Low sodium/No salt added canned vegetables with no added fats.

- Reduced-fat cheese, nuts, seeds, nut/seed butter, seafood, and whole eggs with no added fat are exempt from the total fat and saturated fat standards.

**Refer to 7 CFR 210.11 competitive food service standards for additional exemptions.*

Nutrition standards for beverages:

The portion sizes listed are the maximum that can be offered.

Beverages	Elementary	Middle	High
Plain water	unlimited	unlimited	unlimited
Unflavored low-fat milk	Eight fl. oz.	12 fl. oz.	12 fl. oz.
Unflavored or flavored fat-free milk	Eight fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice	Eight fl. oz.	12 fl. oz.	12 fl. oz.
100% fruit or vegetable juice diluted with water but no added sweeteners	Eight fl. oz.	12 fl. oz.	12 fl. oz.
Other flavored and carbonated beverages are labeled to contain five calories or less per 8 fl. oz. or ten calories or less per 20 fl. oz.	Not allowed	Not allowed	20 fl. oz.
Other flavored and carbonated beverages labeled to contain 40 calories or less per 8 fl. oz. or 60 calories or less per 12 fl. oz.)	Not allowed	Not allowed	12 fl. oz.

For elementary and middle school students, foods and beverages must be caffeine-free except for trace amounts of naturally occurring caffeine substances. Food and drinks for high school students may contain caffeine.

Standards for food and beverages available during the school day are not sold to students:

- The school will give parents and teachers ideas for healthy celebrations/parties, rewards, and fundraising activities.
- Class parties or celebrations shall be held after lunch, and only foods that meet the Smart Snacks in School nutrition standards can be served.
- Schools will limit celebrations that involve food during the school day to up to one party per class per month.

Fundraising

- Fundraising efforts will support healthy eating by complying with all applicable regulations and nutrition standards for competitive foods while emphasizing the sale of non-food items.
- No fundraisers that include the sale of food items will occur until thirty (30) minutes after the conclusion of the last designated meal service period.
- The school board is permitted to grant a special exemption from the standards for competitive foods as specified above to conduct infrequent school-sponsored fundraisers, not to exceed the following maximum number of school days per school campus each school year:

School Type	Maximum Number of School Days to Conduct Exempted Fundraisers
Elementary Schools	Five days
Middle School/Junior High Schools	Ten days
Senior High Schools	15 days
Combination Schools	Ten days

- Each school's Healthy School Team will maintain a school calendar identifying when exempted competitive food fundraisers will occur. (FAC 5P-1.003)

6. Policy for Food and Beverage Marketing

School-based marketing will be consistent with policies for nutrition education and health promotion. As such, the following guidelines apply:

- Schools will only be allowed to market and advertise those foods and beverages that meet or exceed USDA's Smart Snacks in School nutrition standards.
- Marketing activities that promote healthful behaviors are encouraged. Examples may include vending machine covers promoting water, pricing structures that promote healthy options in a la carte lines or vending machines, fruit sales for fundraisers, and coupons for discounted gym memberships.
- The International Family Academy / Lotus Elite Academic Preparatory nutrition department's replacement and purchasing decisions will reflect the abovementioned marketing guidelines.

7. Evaluation and Measurement of the Implementation of the Wellness Policy

The International Family Academy / Lotus Elite Academic Preparatory wellness committee will update and modify the wellness policy based on the annual review and triennial assessment results. Local priorities change, community needs change, wellness goals are met, new health information and technology emerge, and new federal or state guidance or standards are issued. The wellness policy will be assessed at least every three years following the triennial assessment.

Triennial Progress Assessments

The International Family Academy / Lotus Elite Academic Preparatory will assess the local school wellness policy to measure wellness policy compliance **at least once every three years**. This assessment will measure the implementation of the local school wellness policy and include the following:

- The extent to which The International Family Academy / Lotus Elite Academic Preparatory complies with the local school wellness policy.
- The time to which the local school wellness policy compares to model local school wellness policies and
- A description of the progress in attaining the local school wellness policy goals.

8. Informing the Public

The International Family Academy / Lotus Elite Academic Preparatory will ensure that the wellness policy and most recent triennial assessment are always available to the public. It will also actively notify households annually about any updates made to the wellness policy and the availability of the triennial assessment results and provide information to the community about the school nutrition environment.

- The International Family Academy / Lotus Elite Academic Preparatory will ensure that the most updated version of the wellness policy and triennial assessments are always available on the school website for the public to view.
- The International Family Academy / Lotus Elite Academic Preparatory will present wellness policy updates, as applicable, during meetings with the Parent Teacher Association/Organization, school

board, district superintendent, health and wellness committee, and other interested groups or stakeholders.

- As applicable, wellness updates will be provided to students, parents, and staff through handouts, The International Family Academy / Lotus Elite Academic Preparatory website, articles, and each school's newsletter to ensure that the community is informed and that public input is encouraged.
- At the beginning of each school year, each school will provide all parents with a complete copy of the local school wellness policy.

9. Community Involvement

The International Family Academy / Lotus Elite Academic Preparatory is committed to being responsive to community input, which begins with awareness of the wellness policy. The International Family Academy / Lotus Elite Academic Preparatory will actively communicate ways in which parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, school administrators, and the general public can participate in the development, implementation, and annual review of the local school wellness policy through a variety of means, including:

- The International Family Academy / Lotus Elite Academic Preparatory will consider student needs in planning for a healthy nutritional environment. Students will be asked for input and feedback through surveys, and attention will be given to their comments.
- The International Family Academy / Lotus Elite Academic Preparatory will use electronic mechanisms, such as email or displaying notices on The International Family Academy's website, as well as non-electronic mechanisms, such as newsletters, presentations to parents, or sending information home to parents, to ensure that all families are actively notified of any updates to the wellness policy, as well as how to get involved and support the policy.
- The local school wellness policy will be discussed at each year's final public school board meeting, and all stakeholders will be asked to provide feedback on it. All comments and recommendations will be reviewed and considered.

Record Keeping

Records to document compliance with the requirements of the local school wellness policy will include, but are not limited to, the following:

- The written local school wellness policy.
- Documentation demonstrating compliance with community involvement requirements, including requirements to make the local school wellness policy and triennial assessments available to the public as consistent with the section on informing and updating the people and
- Documentation of the triennial review of the local school wellness policy.

The sections below were designed to comply with provisions outlined in Section 204 of the Healthy, Hunger-Free Kids Act and the United States Department of Agriculture's final rule, "Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010." This policy also incorporates Chapter 5P-1.003 (2) (d) of the Florida Administrative Code (FAC), which required The International Family Academy / Lotus Elite Academic Preparatory to establish Healthy School Teams for all schools by June 30, 2019.

Commitment to Marketing a Healthy School Environment

The commitment to Marketing a Healthy School Environment involves positive, motivating messages, both verbal and nonverbal, about healthy lifestyle practices throughout the school setting. All school personnel will help reinforce these positive messages.

- Students will be involved in the planning for a healthy school environment. Student feedback and input will be collected through periodic surveys, analyzed, and incorporated into the plan as appropriate.
- TIF Academy and LEAPS will eliminate advertising and other materials on the school campus and promote foods with minimal nutritional value.
- TIF Academy and LEAPS will ensure that the most updated version of the wellness policy is linked to the school website for public view and comment.

Wellness Policy Committee: This committee has assessed the school's nutrition and physical activity needs and developed this Policy accordingly. The committee will meet every quarter to review the food and physical activity goals. In addition, the committee will conduct a quality assurance review to determine the impact on overall student health, program success, and success in meeting benchmarks. On an annual basis, the committee will prepare a report that includes findings and recommendations for program enhancement. The principal will serve as The International Family Academy / Lotus Elite Academic Preparatory official, overseeing compliance with the school wellness plan and policies. Each year, the school will host an open forum for wellness policy and distribute an electronic survey to collect feedback, input, and recommendations for policy enhancements and recruit new committee members. All responses will be reviewed and considered for inclusion in the revised version of the policy. The below committee made this policy in 2023-2024. No changes have been made since the 2023-2024 school year.

Area Represented	Committee Member Name
School Board	Priscilla Webster
School Board, Health Professional	Tammy Michelle Scott-Resse
School Board, Parent	Natasha Adams
Home & School Association, Parent	Sharon Eady
School Food Service Personnel	Elizabeth Graham-Hall
School Administrator	Shakeila Poole
Student	Kennedy Adams
Physical Education/ Health Staff	Johnathan Green

Policies and Procedures for Providing Reasonable Modifications and Auxiliary Aids and Services

Purpose: The International Family Academy and Lotus Elite Academic Preparatory Schools are committed to ensuring equal opportunity participation and equally effective communication for individuals with disabilities in accessing our programs and activities. This policy outlines the procedures for providing reasonable modifications and auxiliary aids and services to fulfill this commitment.

Policy Statements:

1. Commitment to Accessibility:

- The International Family Academy and Lotus Elite Academic Preparatory Schools are dedicated to providing an inclusive environment where individuals with disabilities have equal access to programs and activities.
- Reasonable modifications and auxiliary aids and services will be provided to ensure effective communication and participation.

2. Requesting Modifications and Services:

- **How to Request:** Individuals with disabilities or their representatives can request modifications or auxiliary aids and services by contacting the designated coordinator at each school.
- **Contact Information:** Requests can be made in person, by phone, email, or through the school's website.
 - International Family Academy: [Contact Name], [Title], [Phone Number], [Email Address]
 - Lotus Elite Academic Preparatory Schools: [Contact Name], [Title], [Phone Number], [Email Address]
- **Timing:** Requests should be made as early as possible, preferably at least two weeks before the program or activity, to allow adequate time for arrangements to be made.

3. Assessment of Requests:

- **Initial Evaluation:** Upon receiving a request, the coordinator will conduct an initial evaluation to determine the specific needs and the appropriate aids or services required.
- **Consultation:** The coordinator may consult with the individual making the request and other relevant staff to gather additional information and ensure the request is understood.

4. Provision of Modifications and Services:

- **Types of Modifications and Aids:** The schools will provide a range of modifications and auxiliary aids and services, such as sign language interpreters, captioning, large print materials, accessible formats for digital content, and physical modifications to facilities.
- **Qualified Providers:** Services will be provided by qualified and competent individuals to ensure effective communication and participation.
- **Implementation:** The coordinator will arrange for the provision of the requested aids and services promptly, ensuring they are in place for the relevant program or activity.

5. Handling Complex Requests:

- **Interdisciplinary Review:** For complex or resource-intensive requests, an interdisciplinary team will review the request to determine the feasibility and identify any alternative solutions if necessary.
- **Communication with Requestor:** The coordinator will communicate the outcome of the request to the individual, including any alternative solutions if the original request cannot be met fully.

6. Fundamental Alteration or Undue Burden:

- **Assessment Criteria:** If providing the requested aid or service would result in a fundamental program alteration or an undue financial burden, the schools will document the reasons and explore alternative solutions.
- **Alternative Solutions:** The coordinator will work with the individual to find an effective alternative that meets their needs without causing a fundamental alteration or undue burden.

7. Appeal Process:

- **Right to Appeal:** Individuals can appeal decisions regarding their requests for modifications or services.
- **Appeal Submission:** Appeals must be submitted in writing to the designated appeal officer within 15 days of receiving the decision.
- **Review and Final Decision:** The appeal will be reviewed by a higher authority not involved in the initial decision. The final decision will be communicated within 30 days.

8. Training and Awareness:

- **Staff Training:** Staff will receive regular training on providing reasonable modifications and auxiliary aids and services, including legal requirements and best practices.
- **Public Awareness:** Information about this policy will be available through the schools' websites, handbooks, and informational sessions.

9. Monitoring and Evaluation:

- **Ongoing Review:** The schools will regularly monitor and evaluate the effectiveness of this policy and the provision of aid and services.
- **Feedback Mechanism:** Feedback from individuals with disabilities and their representatives will be collected to inform improvements.

Implementation and Review: This policy will be implemented immediately and reviewed annually to ensure ongoing compliance and effectiveness. Based on feedback and changes in legal requirements or resources, adjustments will be made.

Contact Information: For questions or further information regarding this policy, please get in touch with Shakeila Poole, AP, The International Family Academy, and Lotus Elite Academic Preparatory Schools, 888-339-6558 Ext. 5, register@tifacademy.org

By implementing these policies and procedures, The International Family Academy and Lotus Elite Academic Preparatory Schools ensure that individuals with disabilities have equal access to our programs and activities, fostering an inclusive and supportive educational environment.